

《自美国大选后，有一个美国人开始过一种“没有特朗普的生活”》

自唐纳德.特朗普的获胜以后，哈格曼先生设计了古怪的实验，远离了喧嚣，过起了类似隐居的生活，它部分是无声的抗议，部分是应对机制，部分是极端的自我管理方案。



GLOUSTER, Ohio — At first, the experiment didn't have a name.

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Right after the election, Erik Hagerman decided he'd take a break from reading about the hoopla of politics.

?????????.??? (Erik Hagerman)????????????????????

Donald Trump's victory shook him. Badly. And so Mr. Hagerman developed his own eccentric experiment, one that was part silent protest, part coping mechanism, part extreme self-care plan.

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He swore that he would avoid learning about anything that happened to America after Nov. 8, 2016.

??????????2016?11?8????????????????

"It was draconian and complete," he said. "It's not like I wanted to just steer away from Trump or shift the

